



Honey-Soy Broiled Salmon

http://www.eatingwell.com/recipes/honey_soy_salmon.html

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A sweet, tangy and salty mixture of soy sauce, rice vinegar and honey does double-duty as marinade and sauce. Toasted sesame seeds provide a nutty and attractive accent. Make it a meal: Serve with brown rice and sautéed red peppers and zucchini slices.

4 servings | Active Time: 20 minutes | Total Time: 40 minutes

Ingredients

- 1 scallion, minced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger
- 1 pound center-cut salmon fillet, skinned (see Tip) and cut into 4 portions
- 1 teaspoon toasted sesame seeds, (see Tip)

Preparation

1. Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.
2. Preheat broiler. Line a small baking pan with foil and coat with cooking spray.
3. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

Nutrition

Per serving : 234 Calories; 13 g Fat; 3 g Sat; 5 g Mono; 67 mg Cholesterol; 6 g Carbohydrates; 23 g Protein; 0 g Fiber; 335 mg Sodium; 444 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 3 lean meat, 1/2 other carbohydrate

Tips & Notes

- **Tips:** How to skin a salmon fillet: Place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.
- To toast sesame seeds, heat a small dry skillet over low heat. Add seeds and stir constantly, until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.